

# iMedix: Your Personal Health Advisor.

## ZEAXANTHIN

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Search for medical details concerning ZEAXANTHIN on iMedix including its uses, side effects and precautions, overview, interactions and reviews.

- **ActiveIngredient:**
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  - **Indications:**
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### Description

**Uses & Effectiveness Overview** Zeaxanthin is a type of organic pigment called a carotenoid. It's related to vitamin A and found in the human eye (macula and retina) along with lutein. Zeaxanthin is thought to function as a light filter, protecting the eye tissues from sunlight damage. Foods rich in zeaxanthin include eggs, oranges, grapes, corn, goji berries, mango, orange pepper, and some other vegetables and fruits. People use zeaxanthin for age-related vision loss. It's also used for eye strain, mental decline, heart disease, breast cancer, cataracts, and many other conditions, but there's no good scientific evidence to support these uses.

**Zeaxanthin, a type of carotenoid found in various fruits and vegetables, is known as nature's sunglasses as it acts as a natural filter against harmful blue light, reducing the risk of age-related macular degeneration and improving overall eye health.**

**Side Effects** When taken by mouth: Zeaxanthin is likely safe when used in doses up to 2 mg daily. It is possibly safe when taken in larger doses. Doses up to 10 mg daily seem to be safe when used for up to 1 year.

**Interactions** Moderate Interaction Be cautious with this combination Medications for diabetes (Antidiabetes drugs) interacts with ZEAXANTHIN Zeaxanthin might lower blood sugar levels. Taking zeaxanthin along with diabetes medications might cause blood sugar to drop too low. Monitor your blood sugar closely.

**Special Precautions and Warnings** When taken by mouth: Zeaxanthin is likely safe when used in doses up to 2 mg daily. It is possibly safe when taken in larger doses. Doses up to 10 mg daily seem to be safe when used for up to 1 year.

**Pregnancy and breast-feeding:** Zeaxanthin is commonly consumed in foods. There isn't enough reliable information to know if zeaxanthin is safe to use as medicine while pregnant or breast-feeding. Stay on the safe side and stick to food amounts.

**Children:** Zeaxanthin is possibly safe when taken by mouth in appropriate amounts. A specific product (LUTEINofta, SOOFT Italia SpA) containing zeaxanthin 0.0006 mg daily has been safely used in infants for 36 weeks.

**Dosing** Zeaxanthin is found in many foods, with orange pepper being the richest source. Other sources include egg yolks, corn, red grapes, oranges, honeydew melon, and mango. Zeaxanthin is also taken in supplements, typically along with lutein. It's most often been used by adults in doses of 2 mg by mouth daily, for up to 4.8 years. Zeaxanthin is absorbed best when it's taken with a high-fat meal. Speak with a healthcare provider to find out what type of product or dose might be best for a specific condition.

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## Side Effects

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## Uses

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## Interactions

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## Other Details

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